

**Houghton Park**

6301 Myrtle Ave

Long Beach, CA 90805

Phone: (562) 570-1640

Our staff is committed to maintaining a safe and productive environment for people 50 years of age and older who are participating in the Senior Program.

**Special Events/Services/Classes**

- \* Jewelry Class, 5/3 & 5/17, 12:30pm-\$3
- \* Cinco de Mayo Celebration, 5/4, 10 am
- \* Anthem Blue, 5/8, 10:30 am
- \* Mini-Craft, 5/9 & 5/23, 12:30pm- \$2
- \* CAREMORE Spa Day, 5/10, 10:30am
- \* Promotora de Salud Mental, 5/10, 10:00am
- \* Mother's Day Celebration, 5/11 11:00am
- \* CLOSED, Memorial Day, 5/28

**Daily Activities**

Monday - Friday

- Open Computer Lab, **M – F** 9am - 2pm
- Cardio & Weight Room, **M - F** 9am - 2pm
- Chair Aerobics, **M/W/F** 9am - Free
- Intro to Spanish, **M/W**, 10am - Free
- Flower Class, **1st Wed.**, 10am - \$10
- Dance Fitness, **T/TH**, 9am - Free
- Art Class, **Tuesdays**, 12pm, Free
- Tech Help, **Thursdays**, 11am-1pm- Free
- Bingo, **Fridays** 10am - 11am - Free

**Activities Subject to Change**  
**Without Notice**


**HSA - Human Services Association Senior**  
**Service Department**

**"Where Caring Becomes Doing"**

Dining Mon-Fri, 11:30 am

(562) 428-6538

**Houghton Park - Senior Program****May 2018****Hours of Operation: Monday - Friday 9:00a.m. - 2:00 p.m.**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 • Dance Fitness • Art Class	2 • Chair Aerobics • Flower Class	3 • Dance Fitness • Tech Help * Jewelry Class	4 • Chair Aerobics * <b>Cinco de Mayo</b> <b>Celebration</b>
7 • Chair Aerobics • Intro to Spanish	8 • Dance Fitness • Art Class * <b>Anthem Blue</b>	9 • Chair Aerobics • Intro to Spanish * <b>Mini-Craft</b>	10 • Dance Fitness • Tech Help * <b>Caremore Spa</b> <b>Day</b> *Promotora de <b>Salud Mental</b>	11 • Chair Aerobics • Bingo * <b>Mother's Day</b> <b>Celebration</b>
14 • Chair Aerobics • Intro to Spanish	15 • Dance Fitness • Art Class	16 • Chair Aerobics • Intro to Spanish	17 • Dance Fitness • Tech Help • <b>Jewelry Class</b> *Promotora de <b>Salud Mental</b>	18 • Chair Aerobics • Bingo
21 • Chair Aerobics • Intro to Spanish	22 • Dance Fitness • Art Class	23 • Chair Aerobics • Intro to Spanish * <b>Mini-Craft</b>	24 • Dance Fitness • Tech Help *Promotora de <b>Salud Mental</b>	25 • Chair Aerobics • Bingo
28 <b>CLOSED</b> 	29 • Dance Fitness • Art Class	30 • Chair Aerobics • Intro to Spanish	31 • Dance Fitness • Tech Help *Promotora de <b>Salud Mental</b>	